

12 June 2018

## **NOTICE TO INDUSTRY**

### **SYNEPHRINE**



Following previous notice issued by HRNSW and a recent notice issued by Racing NSW, trainers are again warned to be on the lookout for plants that are known to contain the prohibited substance synephrine which has been detected in raceday samples taken from horses presented to race in NSW.

Synephrine is considered to be a prohibited substance in accordance with the Australian Harness Racing Rules as it is an 'adrenergic stimulant' and is known to affect the metabolism of body fat and has been demonstrated to cause an increase in blood pressure in human subjects consuming synephrine orally.

Synephrine can be found in the peel of bitter orange (also known as Seville orange) which is an ingredient in a number of herbal preparations and nutritional supplements which are promoted to aid weight loss and to suppress appetite in humans.

Synephrine has also been detected in plants, including Common Rush (*Juncus usitatus*) which is also known as pin rush or mat rush, in Mullumbimby Couch and the leaves of citrus trees.

Trainers are warned that horses should be prevented from having access to Common Rush or the leaves of citrus trees if they are allowed access to open yards or are grazing on pasture.

Recently, synephrine has also been detected at high levels in Teff Grass hay. HRNSW is aware that there are trainers feeding Teff Grass hay. Trainers are warned that they should not feed Teff Grass hay to horses in training.

The ingestion of the plants and products referred to above may result in the detection of the prohibited substance synephrine in a raceday sample.

If anyone requires further information please contact HRNSW Integrity Department.

**MICHAEL PRENTICE**  
**Integrity Manager**